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Knowledge and self-care practice in women with gestational diabetes mellitus at BPKIHS

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Background: Gestational diabetes mellitus is a public health issue and one of the causes of maternal and fetal mortality and morbidity. Awareness of the condition among antenatal women will translate into adoption of a healthy lifestyle, better healthcare-seeking pattern, better self-care practice, which prevents acute complications, reduces the risk of long-term complications and promotes pregnancy outcome.

Objectives: The study was aimed to assess the knowledge and self-care practice among the antenatal women with gestational diabetes mellitus.

Method: A descriptive cross-sectional study was conducted among 60 antenatal women who had GDM attending antenatal ward and OPD of BPKIHS by using purposive sampling method. Data was collected by interview method and analyzed using descriptive and inferential statistics at level of significance 0.05.

Result: The study findings revealed that 36.7% of the respondents were in the age group of less than 25 years and the mean age was 28.10 with standard deviation of 5.251. Among the respondents, 64.2% had completed secondary level education. The overall knowledge regarding GDM was good in 33.3%, average in 40% and poor 26.7%, whereas regarding self-care practice only 11.7% had good practice, majority of 80% had average and 8.3% had poor practice. And the relationship between knowledge, and practice was found statistically significant.

Conclusion: Most of the respondents had good knowledge regarding GDM but most of them did not have positive self-care practice though there is positive relationship that reflects the need of further support.